

DRINK UP.

Dehydration & Heat Stress = Poor Performance

Avoid heat stress and poor performance by adequate fluid replacement during your summer sport or activity.

- Playing in hot weather will result in extra fluid loss (dehydration)
- Even small degrees of dehydration will cause a decrease in performance and this can occur at any stage of a match/competition particularly in hot conditions
- Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke
- Children are at a greater risk of heat stress

'Beat The Heat' using the following measures

FOR WHOM

- Players, umpires, coaches, officials, teachers and spectators

WHAT TO WEAR

- wear light clothing — light in both colour and weight
- wear a hat or visor - a broad brimmed hat is preferred
- wear a 30+ sunscreen to prevent skin damage and skin cancer
- wear sunglasses to protect your eyes

DO NOT WAIT TO FEEL THIRSTY BEFORE YOU DRINK!

DRINK PLENTY OF WATER

- sweat is mainly water and very little salt; salt tablets are not necessary and can make dehydration worse
- drink cool water - it is absorbed more rapidly than warm water. If exercise is going to continue for more than 1 hour, use a sports drink (a carbohydrate drink of 5-10% concentration with the addition of a small amount of sodium)
- thirst is a poor indicator; it is a late signal of severe fluid loss

FLUID REPLACEMENT ROUTINE

- Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to participating
- Drink at least 500ml (2-3 glasses) ½ to 1 hr before a game
- Drink at least 200ml (1-2 glasses) every 15 mins during a game
- Drink at least 500ml to 1 litre (5-6 glasses) after a game and continue to drink until fluid losses are replaced



SMARTPLAY



**Government
of South Australia**

DISCLAIMER: The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional eg Doctor or Dietitian.

beat the heat

Assess your fluid requirements

- Assess your fluid requirements by weighing yourself before and after exercise or sport
 - 1kg lost = 1 litre of fluid lost
 - 2kg lost = 2 litres of fluid lost, etc
- If you have lost weight, increase the amount you drink throughout the game the next time you play
- If you lose 5% of your body weight, serious heat injury can occur (eg: if you lose 3½ kg when your weight is 70kg)
- After participating, aim to replace more than the fluid lost as sweating and fluid loss continues after exercise

Symptoms of Heat Injury or Heat Stroke

- fatigue
- nausea
- headache
- confusion
- light-headedness
- These indicate you should stop, drink more fluids and cool down. Seek medical treatment if these symptoms don't improve rapidly
- Also remember to keep an eye on your partner or team mates who may not realise they are suffering from dehydration or heat stress
- Take extreme care if exercising for more than 30 minutes in very hot weather (>34°C)

**Dehydration, heat and sun injury can be prevented
and should be part of a players pre-activity plan, so...**

BEAT THE HEAT

EMERGENCY PLAN

- Lie the victim down
- Loosen and remove excessive clothing
- Cool by fanning
- Give cool water to drink if conscious
- Apply wrapped ice packs to groins and armpits
- SEEK MEDICAL HELP

**For guidelines on cancelling or modifying events, due to hot weather,
refer to Hot Weather Guidelines available from National Pharmacies**

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Brochures in this series available from National Pharmacies:

Warm Up - stretching

Drink Up - beat the heat

Gear Up - protective equipment

Fuel Up - food for sport

Asthma and sport

Other Resources:

Hot Weather Guidelines, Course Information Brochure, Children in Sport Guidelines, Warm Up Guidelines, Smartplay CD Rom, Drug Test CD Rom, Light Weights Package, Stretching Package, Drugs in Sport Brochure, Drugs and Substances Checklist.